

GOUT: HOW TO PUT THE FIRE OUT!

Remember that God's definition of "Dis-ease is the effort of nature to free the system of conditions that have come from violation of the laws of health." Ministry of Healing page 127 This is especially true of Gout. The causes of Gout are: eating a heavy protein diet of meat and dairy which causes a buildup of Uric acid in the blood as well as other acids. These are the breakdown products of purines found in the meat. If the kidneys are not working as they should these acids will not be filtered out of the blood stream and accumulate forming the sudden episode of acute gouty arthritis attack. The body actually manufactures Uric Acid at times as well and if dehydration sets in, maybe diuretics are being used, and digestion is sluggish then just as in eating meat products so will you have acute Gout symptoms even without the meat. Eating a lot of protein foods whether they are plant or meat, can precipitate uric acid buildup in the body.

Description

Uric acid is formed in the bloodstream when the body breaks down waste products, mainly those containing purines. Purines can be produced naturally by the body, and they can be ingested from such high-purine foods as meat. Normally, the kidneys filter uric acid particles out of the blood and excrete it into the urine. If the body produces too much uric acid or the kidneys aren't able to filter enough of it out, there is a buildup of uric acid in the bloodstream. This condition is known as hyperuricemia.

Uric acid does not tend to remain dissolved in the bloodstream. Over the course of years, or even decades, hyperuricemia may cause deposits of crystallized uric acid throughout the body. Joints, tendons, ear tips, and kidneys are favored sites. When the immune system becomes alerted to the urate crystals, it mounts an inflammatory response that includes the pain, redness, swelling, and damage to joint tissue that are the hallmarks of an acute gout attack.

The body's uric acid production tends to increase in males during **puberty**. Therefore, it should come as no surprise that nine out of ten of those suffering from gout are men. Since it can take up to 20 years of hyperuricemia to have gout symptoms, men don't commonly develop gout until reaching their late 30s or early 40s. If a woman does develop gout, typically, it will be later in her life. According to some medical experts, this is because estrogen protects against hyperuricemia. It is not until estrogen levels begin to fall during **menopause** that urate crystals can begin to accumulate.

Hyperuricemia does not necessarily lead to gout. The tendency to accumulate urate crystals may be due to excess weight, or overindulgence in the wrong kinds of food. In addition, regular use of alcohol to excess, the

use of diuretics, and the existence of high levels of **cholesterol** and **triglycerides** in the blood can increase the risk of developing the disease. In some cases, an underlying disease such as **lymphoma**, **leukemia**, or hemolytic **anemia** may also lead to gout.

Putting out the fire:

Before you wake up in the night with a sudden and severe pain in your big toe joint, or in the fingers, even in a wrist, ankle, knee, or elbow, you may want to consider changing your diet and preventing the damage of any joint from the sanding effects of Uric Acid and other crystallized acids that build up regularly in your body from over indulging in too much protein foods, rich fatty foods, and not drinking enough water as well as being overweight. And of course drinking alcohol in any form will quickly add to the buildup. Indigestion (incomplete digestion), especially of proteins, causes the acid levels to build in the blood and therefore the pH of the blood drops from its alkaline normal of 7.3 to 7.6 to often below 7 and on down to quite acid. At 6.4 you die. So it is quite important to maintain the proper pH of the blood stream by balanced eating and maintaining sweet digestion. So:

- ◆ **Only eat 30-40 Grams of protein per day** for average men and women. No more than 60-80 depending upon your amount of physical exertion like Jack hammer work or pregnancy. This will translate out like ¼ cup nuts per day. 1 inch cube of steak per day (if you choose to eat meat, which doesn't make sense if that is where your gout is coming from). Purchase and take **Betaine Hydrochloric Acid** to aide in the digestion of proteins, and **Total Digestion** enzymes from Divine Nature
- ◆ Begin strengthening and toning the Immune System; Use **Echinacea tincture** 4 droppers full three times a day for 10 days, skip five days and repeat. Keep this up until all inflammation is gone and you are feeling better. Read handout entitled Foundational Program at www.lifetreewellness.com in the Instructions and PowerPoint's tab.
- ◆ Do a thorough Bowel cleanse using **Intestinal cleanse Formula #1 and Intestinal Detox Formula #2** according to instructions on www.lifetreewellness.com Bowel Cleanse handout.
- ◆ A **liver flush** will quickly help to eliminate all Crystal buildup and is a must for recover of the blood stream from the damages done from the acid level decline. See Liver Flushing in Instructions and PowerPoint's at www.lifetreewellness.com
- ◆ Eat **80 % raw foods**. Eat 50% of your total intake of food as fresh raw vegetables with occasional steamed broccoli or other vegetable. Eat no flesh foods, nor dairy, which includes eggs. Be sure to get your GM Foods list from www.ResponsibleTechnology.org and avoid those foods for your quality of life depends on it.

- ◆ Drink **SuperOneFood** 3 or more times a day. This will give you more than your bodies need for all of the B vitamins and B's are necessary to convert uric acid into harmless compounds. It also helps the body prevent the buildup of uric acid in the blood. The Vitamin C in the SuperOneFood is excellent to lower serum uric acid.
- ◆ You can make some **Potassium Broth** from thick potato skins, beets, celery, garlic, white onions, and beet tops or other greens and drink this broth seasoned with **Pink Himalayan Salt** and some cayenne pepper. Drink 2-4 quarts per day until inflammation is gone. Another anti-inflammatory drink is **Mangosteen Juice** from Genesis Today. Drink at least 4 ounces per day maybe 6. **Celery Juice fresh squeezed** helps to eliminate uric acid crystals from the blood stream.
- ◆ **Fulvic Acid and Sole'** (solution of water and PH Salt crystals) are extremely effective in remineralizing and alkalinizing the blood stream and thereby uric acid crystals will disseminate.
- ◆ **Drink at least two quarts** of water per day with the juice of **two lemons fresh squeezed into each quart**. These two quarts will be on and above the Potassium broth two quarts.
- ◆ Eating **cherries** of any kind, fresh or canned, even cherry concentrate can be used, and this tends to stop the attacks and dissolve the crystals. This should not be pasteurized juices nor sugar packed ones as these do not work.
- ◆ **Do NOT OVEREAT!** This will maintain the uric acid crystals being intact in the blood. Use moderately any cereal grains, lentils, peas, beans, asparagus, cauliflower, and spinach. Absolutely no mushrooms.
- ◆ **Dry skin brush daily**—see Dry Skin Brushing handout at www.lifetreewellness.com
- ◆ Do **daily hot and cold contrast showers**. Three minutes hot and one minute cold. Do seven rounds of these hot and colds finish with cold. Direct the water to all of the affected areas of the body. This will be your sweetest help for the pain and inflammation.—affords great relief!
- ◆ Rub in **Deep Tissue Heating Salve** to all affected joints as many times a day as you remember, unless you have a poultice on.
- ◆ Apply a poultice of **Black Super Draw** over the top of the Deep Tissue Heating Salve and leave on for at least 8 hours. You can do this as often as twice per 24 hours. A hot foot soak in one cup of **White Clay** in a 5 gallon bucket of water is very relieving as well. The BSD poultice has all of the healing herbs necessary to not only draw out the inflammation and break up the acid crystals, but it will also cause healing to the joints and their tissues